Every 3 months, every 3000 miles or every 13 million breaths

Changing your oil and regular maintenance means deaner runing engine. It's true. Regular oil changes, tune-ups and maintenance can help improve your vehicle's performance

It's true. Regular oil changes, tune-ups and maintenance can help improve your vehicle's performance and gas mileage, extend its life and increase its resale value. It can also help reduce traffic congestion due to preventable breakdowns. But possibly most important of all, taking good care of your car could help reduce emissions by more than half. And that should make you breathe a lot easier between oil changes. So keep it up because—

It all adds up to cleaner air



